

Jacqui Fay

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**From:** Monadnock Farm and Community Coalition <coordinator@mfccoalition.org>  
**Sent:** Thursday, September 16, 2021 5:25 PM  
**To:** Jacqui Fay  
**Subject:** September Newsletter: Pumpkins, tomatoes, Food Biz Lab, NH Farm to School month & more!



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## Building a Robust, Sustainable, and Equitable Local Food System

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September is a fantastic time on local farms. You can still find peaches, tomatoes, and corn, returning spinach and leeks, pumpkins, brussels sprouts, parsnips, and winter squash! Now is the time to stock up at local farm stands, farmers market, and certain grocery stores. Find out where they're located! Or scroll down...

### Growing and Maintaining your Garden!

"Winter Rest for Your Garden & Landscape" workshop presented by Michele Chalice, Environmental Landscaper, sponsored by the Monadnock Food Coop. (under "Individuals" below). Check out our website, "Food & Gardens for a Resilient Monadnock" for an extensive list of "how to" resources, and connect and learn from others' experience at our Facebook group, "Gardening Connections in the Monadnock Region".

### SNAP/EBT Double your Purchasing Power or get 50% off Fruits and Veggies

- If you receive SNAP benefits, you can **DOUBLE your fruit and vegetable purchases** at farm stands, farmers' markets, and grocery stores! Find out where.
- Want to know if you're eligible for SNAP? **SENIORS** - did you know you might be eligible for SNAP/EBT too? Find out now.
- Need help feeding yourself or your family? Find out where to go to get charitable food.
- Get 50% off fruit and veggie purchases thanks to the Double Up Food Bucks program at the Monadnock Food Coop (for SNAP/EBT participants)

- Don't feel comfortable cooking fresh food? Free, virtual cooking classes available! [Find out more.](#)
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## Spotlights of the Month:

Are you passionate about a food business idea? Motivated to breakthrough obstacles to start your food business? Hannah Grimes' new program, the **Food Biz Lab** can help you build a profitable business in their new incubator program. Scroll down to "For Individuals" below.

**Reading of the month:** The **Monadnock Region Food Access Analysis** (MRFAA) report is completed and ready to be digested. The MRFAA is a comprehensive gaps and assets analysis in children's and families' food security programs. The goal of the report is to increase the connection between people facing food insecurity and access to affordable, fresh, healthy food. It is available to download [here](#).

To register or find out more information about the "**2021 Monadnock Region Food Access Analysis**" virtual **community forum** on Tuesday, October 19, 2021, 5:30pm - 7:30pm, go [here](#).

**Radically Rural**, September 22 & 23, 2021, builds sustainability and success for rural life and places by building a network that connects people to each other and to new ideas.

Land & Community Tracks:

- Refuge in Rural
- Exploring Nature, Renewing Communities
- Native Tribes Lead on Environmental Stewardship

**Register today!**

**Harvest Festival**, October 3, 2021, 10am - 4pm, at Stonewall Farm. Farm to Fork Festival featuring farmers, brewers, wineries, music, and cooking demos, culminating with a Farm to Table Dinner.

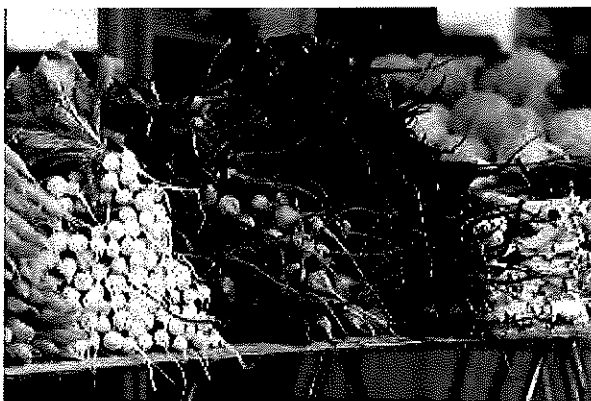
Available jobs within the NH Food System [can be found here](#).

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## Farmers Markets

**Chesterfield Farmers Market**, Sat:  
9am - 12pm, in front of Town Hall,  
Rte. 63, 1.5 from Rte 9.

**Farmers Market of Keene**, Tues:  
3pm - 6pm, Sat: 9am - 1pm (Gilbo  
Ave); Hinsdale Farmers Market,



Sun: 9am - 2pm (Millstream Park);  
Milford Farmers Market, Sat:  
 10am - 1pm (300 Elm);  
Peterborough Farmers Market,  
 Wed: 3pm - 6pm (Elm St);  
Rindge Farmers & Crafters,  
 Thurs: 3pm-6pm (W. Rindge  
 Common Park); TEAM Jaffrey  
Community Farmers Market, Fri:  
 3pm - 6pm: Wilton Farmers  
Market, Tues: 3pm - 6pm;  
Winchester Farmers Market  
 (Accepts SNAP), Sat: 9am - 1pm  
 (Town Hall)

## Farm Stands

### Archway Farm

183 Arch St., Keene

Pork products, beef, lamb, milk,  
 condiments, Beni's Bread, Faber  
 Family syrup, Terra Nova Coffee &  
 more!

### Cheshire Gardens

277 Burt Hill Rd., Winchester

Flowers, herbs, vegetables,  
 blackberries, pies, small cakes, fruit  
 preserves and fruity pops!

### Coll's Farm

63 North St., Jaffrey

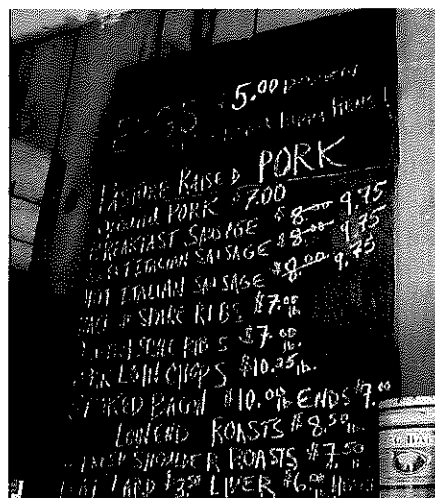
Organic and conventional produce,  
 garden center, florist.

### Green Wagon Farm

Court Street, Keene

Small scale produce - greens,  
 tomatoes, melons, squash, green  
 beans, corn & more. Cut flower  
 farm.

### Manning Hill Farm



79 Old Manning Hill Rd.,  
Winchester, NH  
Cow milk soaps & lotions by  
Holland Homestead, Cheshire  
Gardens preserves & mustards,  
Echo Farm puddings, beef, lamb,  
milk, syrup, honey & more!

**Mayfair Farm**

31 Clymers Dr., Harrisville  
Online ordering and pick up only!  
Farm stand is not open to public.  
Fresh prepared gourmet foods (the  
best quiche ever!) lamb, pork  
products, soups, cocktails, flowers,  
greens, groceries & more

**NEW! Partners Garden**

49 Henderson Rd., Nelson  
Organic greens, summer veggies,  
eggplant, tomatoes, cucumbers,  
herbs/medicinals, flowers.  
Saturdays: 10am - 2pm

**Stonewall Farm**

242 Chesterfield Rd., Keene  
Frozen, prepared meals, Frisky  
Cow Gelato, yogurt, milk, a variety  
of gourmet food & more. Featuring  
heat & serve Indian Food from  
Shree's Kitchen on Friday nights!

**Tippin Rock Farm**

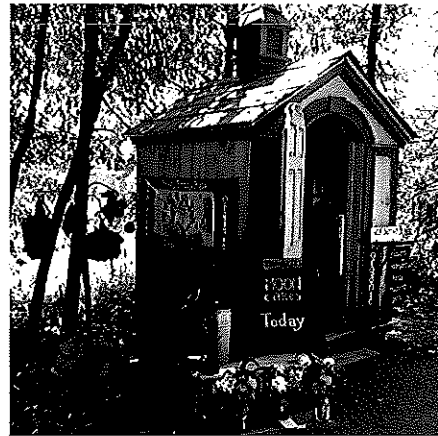
227 Swanzey Lake Rd. Swanzey  
Small farm offers vegetables,  
flowers, maple syrup & more!

**Tracie's Community Farm**

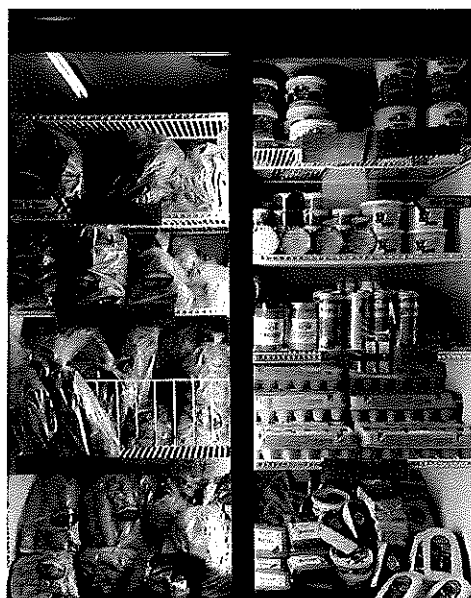
72 Jaffrey Rd., Fitzwilliam  
The store is fully stocked! Come  
grab some veggies, eggs, meat,  
bread, cheese, pudding & more!

**Whitakers Homestead &  
Greenhouse**

236 Forest Rd., Alstead  
Fresh flowers, lettuce, greens,  
peppers, tomatoes, squashes,



melons, okra, broccoli, beets, radishes, onions, eggplant, cucumbers, blueberries, strawberries, apples, peaches, corn, and much more for produce, herbs, veggie starts, flower starts, hanging baskets, oval planters, and memorial pots. We will also have local products, maple syrup, honey, maple candy, soda, honey sticks, cheeses, eggs, and much more here in the Farm Store.



## CSA sign ups



**FALL CSA'S AVAILABLE**  
Abenaki Springs (Walpole)  
Cornucopia Project Fall CSA & Thanksgiving Box sign up,  
(Peterborough) Foggy Hill Farm  
(organic, Rindge) Hemenway Farms,  
(Charlestown), Hillside Springs CSA (organic,  
Westmoreland), Holland Farm,  
(Milford), Hungry Bear Farm  
(organic, Mason) , Picadilly Farm  
(organic, Winchester), Stonewall Farm  
(organic, Keene), Sun Moon Farm  
(Rindge), Tracie's Community Farm  
(Fitzwilliam) AVAILABLE, Village Roots  
Pastured Meat & Greens,  
(Alstead) AVAILABLE

## Monthly Updates

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### For Children/Teens

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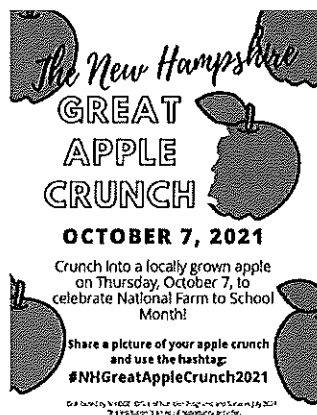
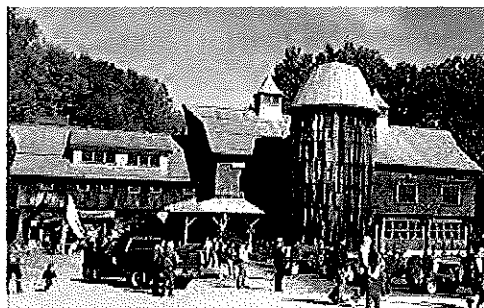
#### **Friday Community Night at Stonewall Farm** *extended to December!*

Fridays: 4pm - 7pm

Food trucks, music, Yahso  
Jamaican Grille, breads, donuts  
from Nordshire Farm, Monadnock  
Oil and Vinegar and more vendors!

Join the **NH Great Apple Crunch Photo Contest!** Share a picture of yourself crunching into an apple on October 7, 2021, to celebrate NH Farm to School Month.  
**#NHGreatAppleCrunch2021**

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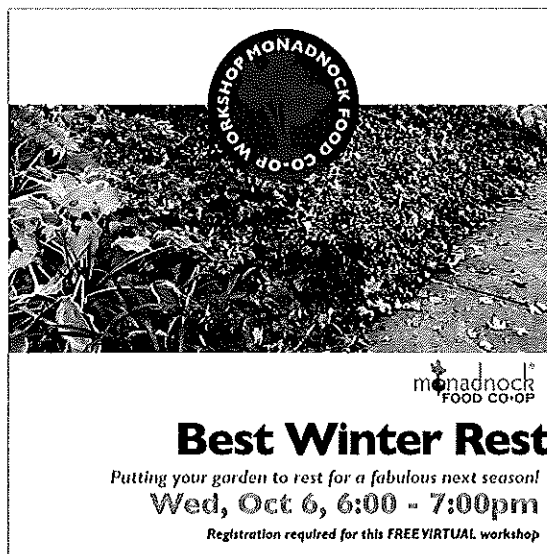


### For Individuals:

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#### **Winter Rest for Your Garden & Landscape workshop**

Simple steps this fall to create an easier, more productive next year's garden and landscape. You will learn about providing winter pollinator habitat, what to leave as food sources for songbirds and wildlife, winter mulching for healthier soil and fewer weeds as well as steps to take for less watering next year. Presenter: Michele Chalice, Environmental Landscape Designer, sponsored by the Monadnock Food Coop.



Join Community Garden Connections on **Wednesdays from 4:00-6:00pm** for garden work parties!

The Westmoreland Garden Project is located at 203 River Road, in Westmoreland, NH.

Please bring enough water for you, and optional hat, work gloves, and bug spray.



### **Feeding the Family Series** **NOFA - NH**

Are you tending a garden for the first time, or have you been growing for many years now? NOFA-NH's "Feeding the Family" Organic Gardening Workshop Series with organic farmer **Ron Christie** offers tips for new and experienced gardeners seeking to feed themselves and their families.



**15 INDIVIDUAL WORKSHOPS, TUESDAYS 6:00-8:00 PM**

February 23 • March 2, 9, 16, 23, 30 • April 6, 13, 20, 27 •  
June 8 • July 13 • August 10 • September 7 • October 5



Learn about garden planning, healthy soils, pests and diseases, container gardening, building raised beds

**October 5** - Instruction and Q & A Discussion

Individual class registration

### **Growing Well Workshops**

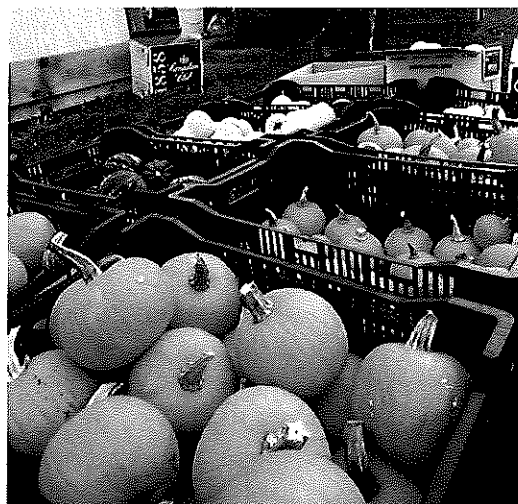
The Cornucopia Project

**Storing Your Harvest**, 9/24

**Radically Rural**, September 22 & 23, 2021, builds sustainability and success for rural life and places by building a network that connects people to each other and to new ideas.

Land & Community Tracks:

- Refuge in Rural
- Exploring Nature, Renewing Communities



- Native Tribes Lead on Environmental Stewardship  
**Register today!**

### **Source to Sea Clean Up**

Sept 24-26, 2021

Monadnock region residents will get their hands dirty to make our rivers clean September 24th-26th, 2021, as part of the 25th annual Connecticut River Conservancy's Source to Sea Cleanup, a four state community event to cleanup of the Connecticut River and its tributaries. **Register or find out more here.**

### **Food & Gardens For a Resilient Monadnock**

**New website** for garden education and tools, and where to find charitable food (food access)

## **For Farmers & Producers:**

**Get your applications ready for NRCS Fiscal Year 2022.** Did you know that the USDA's 'Fiscal New Year' is only one month away? **More Information Here!**

**Monadnock Table Magazine will write a feature story on your farm for FREE!** Story will be featured in one of their upcoming editions. **Email Marcia Passos-Duffy now!** Please help us, help *YOU market your farms!*

**Farm Rental Equipment** available at Cheshire Co. Conservation District.



**Connecticut River Conservancy's Source to Sea CLEANUP**

The 25th Annual  
**2021 Source to Sea River Clean Up**  
September 24-25th & September 26th  
9:00am-1:00pm! & 2:00pm-6:00pm!

Get outside! Get your hands dirty to make our rivers clean!

Supported By:

- Ashuelot River Local Advisory Committee
- Cheshire County Conservation District
- City of Keene
- Keene State College
- Mosswood Ecological
- NH Water Works Association
- Young Professionals
- The Harris Center for Conservation Education
- The Winchester Conservation Commission

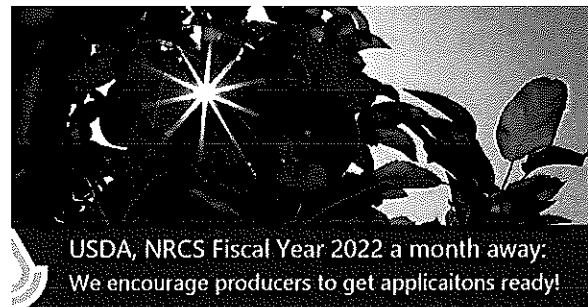
**Keene:**  
Friday: Ashuelot River Park  
Saturday: Ashuelot River Martel Court (Boaters Only)  
Saturday: Beaver Brook on Water St.

**Swanzey:**  
Saturday: Ashuelot River at Cresson Bridge on Sawyer's Crossing Rd. (Boaters Only)

**Winchester:**  
Sunday: Meet at Town Hall

Join thousands of volunteers over the course of the weekend to clean up the Connecticut River and its tributaries. The Source to Sea Cleanup is a coordinator effort in four states for cleaner rivers!

For More Information and to Register Visit:  
[cheshireconservation.org/s2s](http://cheshireconservation.org/s2s)  
A PROGRAM OF THE CONNECTICUT RIVER CONSERVANCY





### **Skidder Bridge Auction**

Open until October 31st

[Bid here!](#)

**Want to find farm land to lease or purchase?** Need to retire from farming and could use help? Have land you want to make available for farming? [Contact Land For Good.](#)

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## **For Teachers:**

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### **Get the NH Farm to School month Toolkit!**

Throughout October, NH Farm to School will be hosting New Hampshire's Farm to School Month festivities. Join us and other schools across the state in recognizing the importance of farm to school through activities, lesson plans, good local food, and fun! [Download it here.](#)

**Fall Classroom Garden Kits** are available to Monadnock teachers at the Cornucopia Project. To give a kit to a classroom or receive more information, go [here.](#)

### **From Screen to Green Webinar Series for Children**

Join New Hampshire Environment Educators and the NH Schoolyard Habitat Grant Partnership for their Screen to Green webinar series for educators. Watch the full series below or check out each individual video.

**"Demonstration Pollinator Garden Virtual Tour Webinar" - [Watch Here!](#)**



CHESTER COUNTY  
CONSERVATION DISTRICT

## **EQUIPMENT RENTALS**

AVAILABLE TO HELP WITH SOIL HEALTH GOALS



## **NH Farm to School Month October**



## "Screen to Green Virtual Sampler"

[Watch here!](#)

## Designing an Outdoor Classroom by Marilyn Wyzga -

[Watch here!](#)

## Safe, Happy, Healthy Outdoor Learning

[Watch here!](#)

[Watch the full series!](#)



## New Hampshire Agriculture in the Classroom has

opened ordering for educators to select from a variety of curriculum kits, from books to educational crafts. Order today!

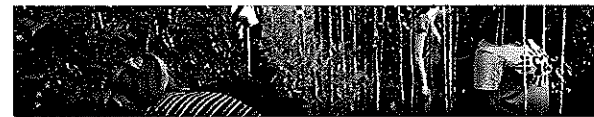
[LEARN MORE & ORDER >>](#)



Join the [Monadnock Farm to School Network](#) Facebook Group

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## Getting Local on All Plates!



Monadnock Farm to School Network

Public group · 28 members

Joined Invite

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The **Monadnock Region Food Access Analysis (MRFAA)** report is published. The MRFAA is a comprehensive gaps and assets analysis in children's and families' food security programs. The goal of the report is to increase the connection between people facing food insecurity and access to affordable, fresh, healthy food. It is available to download [here](#).

## Granite State Market Match (GSMM) helps SNAP customers DOUBLE vegetable and fruit purchases!

Shop with your SNAP/EBT at the following locations to double your dollars! 50% CSA shares with SNAP at Picadilly Farm!

| Age Group | Total | Female | Male | Unknown |
|-----------|-------|--------|------|---------|
| 18-24     | 100   | 85     | 15   | 0       |
| 25-34     | 100   | 75     | 25   | 0       |
| 35-44     | 100   | 85     | 15   | 0       |
| 45-54     | 100   | 75     | 25   | 0       |
| 55-64     | 100   | 85     | 15   | 0       |
| 65+       | 100   | 75     | 25   | 0       |

**50% off veggies and fruit at Green Wagon Farm** (on Court St., Keene between the 7/11 gas station and Savings Bank of Walpole) with your EBT card! EBT accepted and offering Granite State Market Match.

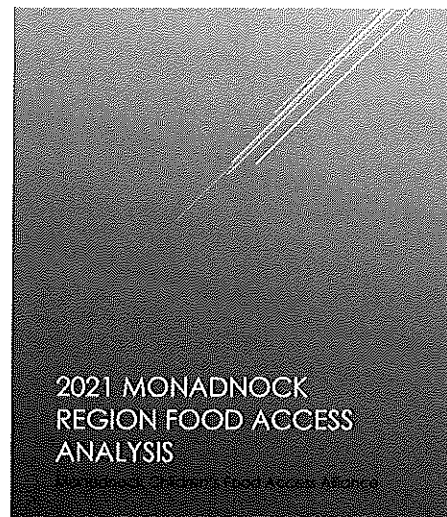
## Cooking Matters Workshop September 23 - Drink to Your Health

**Learn to Eat Healthier on a Budget!**  
Thursdays on zoom - mornings,  
10am -11am or evenings, 5:30pm -  
6:30pm. Free, online classes. To  
register, email  
[christine.parshall@unh.edu](mailto:christine.parshall@unh.edu)

## Charitable Food

Newest information on locations and delivery times for **charitable food** can be found at: **Food & Gardens for a Resilient Monadnock website.**

# FOOD & GARDENS FOR A RESILIENT MONADNOCK



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## Events

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### **Radically Rural**

Sept 22 - 23, 2021

builds sustainability and success for rural life and places by building a network that connects people to each other and to new ideas. The annual Radically Rural Summit is divided into five different program tracks that feature topics offering strategic opportunities for transformation in rural communities.

Land & Community Tracks:

- Refuge in Rural
- Exploring Nature, Renewing Communities
- Native Tribes Lead on Environmental Stewardship

**Register today!**



### **Harvest Festival**

October 3, 2021

This year we will be hosting our first Farm to Fork Festival featuring farmers, brewers, wineries, music, and cooking demos. The ultimate in local food and farming scene. The day's festivities will culminate with a Farm to Table Dinner! Stay tuned for details! Are you a farmer, chef or vendor interested in participating, **contact us!**



### **Ndakinna maanawaka ahki: 32nd Annual Celebration**

Saturday, September 22, 9am -

11am Peterborough Town Hall

Chief Paul "Gwilawato" Bunnell, who represents the Ko'asek

(Co'wasuck) Traditional Band of the Sovereign Abenaki Nation, will

touch on Native American history in this region and share about a

dream to build a conservation and

nature preserve for tribal members and the public. [Read more about it.](#) Sponsored by the Monadnock Conservancy

### **Stonewall Farm Community Nights!**

Fridays, 4pm - 7pm, extended to December

Local craft beers, Yahso Jamaican Grille, breads, donuts from Nordshire Farm, Monadnock Oil and Vinegar and more vendors!



STONEWALL  
Farm

#### **YAHSO ON THE GO!** at Stonewall Farm

|                          |         |
|--------------------------|---------|
| Jerk Chicken Quesadillas | \$12.00 |
| Rice Plates:             | \$10.00 |
| Jerk Chicken             |         |
| Curry Chicken            |         |
| Veggie                   |         |
| Fish Tacos               | \$12.00 |
| Chicken & Waffle         | \$10.00 |
| Mac n Cheese             | \$5.00  |
| Options for topping +\$4 |         |
| Grill Shrimp / Jerk      |         |
| Chicken / Bacon          |         |
| Jamaican "Empanada"      | \$4.00  |
| Patties - Beef / Veggie  |         |

Yahso Jamaican Grille  
July 9th, 2021 | 2 PM |

## Communications

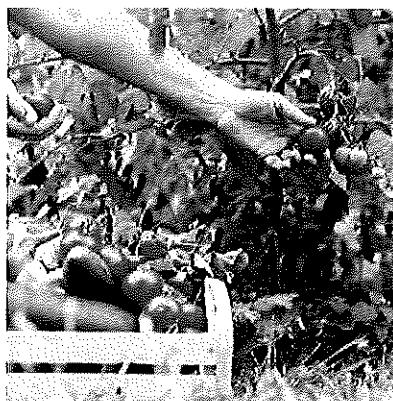
**NEW! MFCC's  
Food & Gardens for  
a Resilient Monadnock website**

**FOOD & GARDENS FOR A  
RESILIENT MONADNOCK**

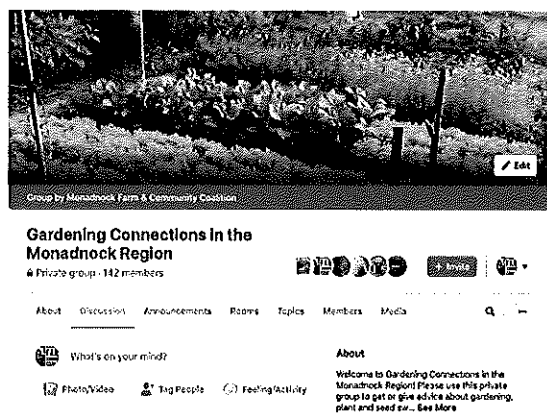
**Do you need help with your  
garden? Our [new website](#),**

provides EVERYTHING you might need to know!

- **Get the Stuff** you need to plant a garden -- Seeds, raised bed kits, community garden plots, discounts on garden supplies, tools & more!
- **Learn the Things** -- Links to UNH Extension Master Gardeners, Soil Testing, Planning a Family Garden, Companion Planting, Guides to Building Raised Beds, Indoor Gardening, Composting & more!
- **Educational Resources** -- online gardening networks around the region & state, recommended books, blogs, local experts & more!
- **Other** -- Care & Maintenance, Storing & Preserving, Putting Garden to Bed & more!



Join our private Facebook group, **"Gardening Connections in the Monadnock Region"** -- members connect with local experts and each other about lessons learned, ideas, tools, & more!

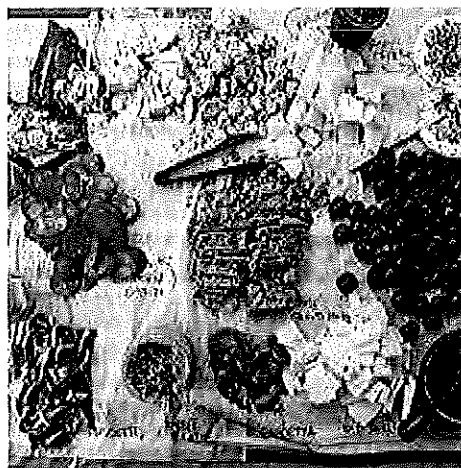


***Did you know if everyone spent \$5 a week on local food, we would add \$338 million to New Hampshire's economy? Join the \$5/wk movement!***

**Other GREAT PLACES to buy local!**

**CC&D'S Kitchen**

79 North Street, Keene  
Tues - Thurs 11am - 6pm  
Thursday - Full BBQ menu  
VOTED BEST BBQ IN AREA!  
Sandwiches, soups, desserts,  
catering & more!



**Crescendo Acres**

21 Carpenter Rd., Surry, NH  
5.9 mi north on 12A from Court  
St./Maple roundabout



***Crescendo Acres Farm***

**BUY LOCAL!**

**LOTS OF ALPACA  
SOCKS & CLOTHING  
FOR MEN AND WOMEN**

Scarves • Shawls  
Hats & Mittens • Jackets  
Sweaters • Vests  
Stuffed Animals • Gift Baskets  
Holiday Craft Items & More

**SHIPPING AVAILABLE**

Our Own Maple Syrup  
Mustards • Honey Products  
Beeswax Candles • Byers' Choice

**Fresh Cut or Cut Your Own  
CHRISTMAS TREES • 4' & UP**

Tree sales start Nov 27<sup>th</sup>  
Open 7 Days 11-5 until Christmas  
21 Carpenter Rd., Surry, NH  
5.9 mi. north on 12A from  
Court St./Maple Ave. Roundabout  
603.352.9380  
[www.crescendoacres.com](http://www.crescendoacres.com)



**Hannah Grimes Marketplace**

42 Main Street, Keene  
Over 250 local artisans! Gift  
baskets, gourmet food, glassware,  
ornaments, skin products, syrup,  
honey, cheese, crafts, toys,  
puzzles, & more!



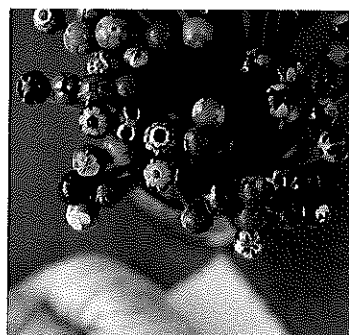
**The Local Crowd Monadnock**

Local products online! Gift  
certificates for massage & yoga,



original paintings, candles,  
ornaments, fiber arts, toys, & more!

**Featured photo:** Hand painted  
knitting needle tops from Harrisville  
Designs!



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**Z**  
**PLEASE SUPPORT YOUR MONADNOCK  
LOCAL FOOD SYSTEM  
ASSURING FOOD SECURITY FOR FUTURE  
GENERATIONS!**

I Support the Coalition!

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**The Monadnock Farm and Community Coalition** is a coalition of 140+ member organizations and individual members who come together regularly to build a robust, sustainable, and equitable local food system in the Monadnock Region of Southwestern NH.

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**Monadnock Farm & Community  
Coalition | 802.275.4191**  
[www.mfcommunitycoalition.org](http://www.mfcommunitycoalition.org)



Monadnock Farm and Community Coalition | 11 Industrial Park Drive, Walpole, NH 03608 802.275.4191

[Unsubscribe marlowtownoffice@marlownh.gov](mailto:unsubscribe_marlowtownoffice@marlownh.gov)

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